

Let Me Tell You Something

A woman who is sick and suffering, and won't at least try a medicine which has the record of Lydia E. Pinkham's Vegetable Compound, is to blame for her own wretched condition.

There are literally hundreds of thousands of women in the United States who have been benefited by this famous old remedy, which was produced from roots and herbs over thirty years ago by a woman to relieve woman's suffering.

Read what these women say:

Camden, N. J.—"It is with pleasure that I send my testimonial for Lydia E. Pinkham's Vegetable Compound, hoping it may induce other suffering women to avail themselves of the benefit of this valuable remedy. "I suffered from pains in my back and side, sick headaches, no appetite, was tired and nervous all the time, and so weak I could hardly stand. Lydia E. Pinkham's Vegetable Compound made me a well woman—and this valuable medicine shall always have my praise."—Mrs. W. P. Valentine, 902 Lincoln Ave., Camden, N. J.

Erie, Pa.—"I suffered for five years from female troubles, and at last was almost helpless. I tried three doctors but they did me no good. My sister advised me to try Lydia E. Pinkham's Vegetable Compound, and it has made me well and strong. I hope all suffering women will just give Lydia E. Pinkham's Vegetable Compound a trial, for it is worth its weight in gold."—Mrs. J. P. Endlich, R. F. D. 7, Erie, Pa.

Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pinkham's Vegetable Compound had the virtue to help these women it will help any other woman who is suffering from the same trouble.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

If the slightest trouble appears which you do not understand, write to Mrs. Pinkham at Lynn, Mass., for her advice—it is free and always helpful.



CLASSIFIED ADVERTISEMENTS

SALESMEN WANTED
WANTED—Active, energetic men to represent us. Profitable positions. Hustlers make big money. Cash weekly advances. Complete outfit free. Write immediately for our liberal offer. W. T. Hood & Co., 100 N. 3rd St., Philadelphia, Pa.

LADY AGENTS WANTED
WANTED—Lady agents in all parts of the United States to advertise and sell "Black Crow Stockings" to wearers. Good commission. Address: BLACK CROW STOCKING CO., NEWTON, N. C.

Every man's work, if it is useful, is above him.

Tetterine for Poison Oak.
Mr. J. T. Shuptrine, Savannah, Ga.
Dear Sir:—I enclose 50 cents in stamps for a box of Tetterine. I have poison oak on me again, and that is all that ever has cured it. Please hurry it on to you. Yours respectfully, M. F. Hamlet, Montalva, Tex., May 21, '08.
Tetterine cures Eczema, Tetter, Ring Worm, Ground Itch, Itching Piles, Infant's Sore Head, Pimples, Boils, Ring Scaly Patches on the Face, Old Itching Sores, Dantruff, Cankered Scalp, Bunions, Corns, Chillsblains and every form of Skin Disease. Tetterine 50c; Tetterine Soap 25c. Your druggist, or by mail from the manufacturer, The Shuptrine Co., Savannah, Ga.

The best way to make friends is by making good. So, 18-09.

Take Garfield Tea! Made of Herbs, it is pure, potent, health-giving—the most rational remedy for constipation, liver and kidney diseases. At all drug stores.

It is a foolish fish that bites at the same hook.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

A dishonest dollar costs more than a hundred cents.

Do Your Feet Ache and Burn?
Shake into your shoes Allen's Foot-Ease, a powder for the feet. It makes tight or new shoes feel easy. Cures Corns, Bunions, Swollen, Hot, Smarting and Swelling Feet and Ingrowing Nails. Sold by all Druggists and Shoe stores, 25 cts. Sample sent FREE. Address Allen S. Olmsted, LeRoy, N. Y.

It is unpleasant to turn back, though it be to take the right way.

Rough on Rats, unbeatable exterminator.
Rough on Hen Lice, Nest Powder, 25c.
Rough on Bedbugs, Powder or Liquid, 25c.
Rough on Fleas, Powder or Liquid, 25c.
Rough on Roaches, Pow'd, 15c., Liquid, 25c.
Rough on Moth and Ants, Powder, 25c.
Rough on Skettlers, agreeable in use, 25c.
E. S. Wells, Chemist, Jersey City, N. J.

You cannot save your pie unless you eat it.

People Talk About Good Things.
Twelve years ago few people knew of such a preparation as a Powder for the Feet. To-day, after the genuine merits of Allen's Foot-Ease have been told year after year by grateful persons, it is indispensable to millions. It is clean, wholesome, healing and antiseptic and gives rest and comfort to tired aching feet.
It cures while you walk. Over 30,000 testimonials. Imitations pay the dealer a larger profit, otherwise you would never be offered a substitute for Allen's Foot-Ease, the original foot powder. Ask for Allen's Foot-Ease, and see that you get it.
It's a wise man who knows how foolish he is.

WEATHER-BREAKERS—CAPPERS
Weather-Breakers, East, South or West, are the best. They will relieve you. We have a large stock on hand. Write for our literature. 100 N. 3rd St., Philadelphia, Pa.



Care of the Cow.

Do not stay around a cow with a young calf if it seems to disturb her. Do not stuff her with a heavy feed at once. Increase her feed gradually after a comparatively small beginning, so that by the end of three or four days, if she is in good health and has a good appetite, she will be on about full feed.—Progressive Farmer.

Weigh the Milk.

A farmer with one or two cows kept merely to supply the family with milk and butter cannot afford to weigh each cow's milk all the time, or even twice a month perhaps; but the man who is giving a large part of his time to dairying, cannot afford not to weigh the milk. It will quickly show him when a cow is dropping off in milk and that something is needed to get the best results she is capable of, even if it is no more than a dose of physic. Besides, the dairyman will know which cows to keep, which to dispose of, and which to keep heifers from.—Progressive Farmer.

Importance of Tile Draining.

There is great profit in tile draining land that is inclined to be low. This doesn't mean that only bottom land needs tiling. Very often land that is gently rolling is benefited by tiling fully as much as land that looks level and low. A good deal depends on the sub-soil.

Tile makes land warmer. You gain from one to two weeks in the spring and you often gain as much in the fall. The soil is better ventilated. Vegetation requires air in the soil as well as water.

Available moisture is increased. Available moisture is film moisture, the kind that plants feed upon. Film moisture contains the elements of plant food in liquid form. Plants only feed on liquid.—American Cultivator.

Alfalfa Not Credited.

Alfalfa is not yet credited for more than half its worth for making beef, milk, etc. In his recent visit to the Argentine country of South America, Prof. Mumford, of the Illinois University, has some good words on alfalfa, which are just as applicable to this country as to that. He says:

Alfalfa is grown in most parts of the Argentine cattle country, but not to anything like the extent to which it can be grown. It is known that it will grow well for ten years and it is believed a fair stand will be maintained for forty years if not pastured too close. Modern machinery is used in some instances in baling and stacking this crop.

A fine illustration of the value of alfalfa is seen in the experience of the manager of a 55,000-acre ranch, all in alfalfa. This much now actually supports more cattle than the 140,000 acres of the original alfalfa ranch in the native grass when this man took the place thirteen years ago. The alfalfa had much more than doubled the production of the land. Some cattle that are bred upon the native grass land are shipped to the alfalfa country to finish; at the monthly charge per head of stock the alfalfa returns \$7 to \$9 per acre per year.

It requires from one and one-third to one and two-thirds acres of good alfalfa, well cared for, to support one steer and two sheep. This means 4,000 to 4,800 cattle and twice as many sheep per league of 6,672 acres. This seems equivalent to a steer per acre.

Knowing the great increase in yield and remarkable richness of alfalfa in protein, the most costly kind of food in a balanced ration, yet the wonderful significance of this crop cannot be understood unless it is remembered that in Argentina beef cattle are brought to the highest finish and finish on grass and alfalfa alone, without any grain at all.

Ventilating the Poultry House.

A poultry house is not much good unless it is well-ventilated, for pure, fresh air is very essential to health and productivity in hens. On account of their higher body temperature, chickens require plenty of good air to breathe even more than most other domestic animals. Then in addition to this, the unpleasant odors and gases existing in the poultry house must be dissipated and removed.

To correctly ventilate the poultry house is a more complex matter than most people think, for the reason that drafts and currents of air must be carefully avoided. The ventilators, which work quite satisfactorily in dwelling houses and barns give very unsatisfactory results on poultry houses and are little or no better than nothing at all. If the windows are left partly open, drafts and cold currents of air blow in over the fowls, or rain or snow may be blown into the house.

By having a loft above a loose ceiling in the house and keeping this filled with dry straw or hay, much of the moisture and impurities of the air are drawn off. But this is not all that could be desired, for it falls to supply fresh air to the fowls.

The modern and model method of ventilating a poultry house is by means of window openings in the south side of the building which are covered with a muslin curtain in cold or disagreeable weather. During the

remainder of the time, both winter and summer, these openings are covered merely with wire netting. Oiled muslin (or "waterproof sheeting") can be secured at almost any of the incubator and brooder companies or the poultry supply houses, at a cost of only a few cents a yard. Ordinary muslin will answer the ventilating question just as satisfactorily as the oiled material, except that it lacks the water-proof quality possessed by the latter. Either kind permits of a gentle diffusion of fresh air from the outside into the interior of the building while the foul air may just as readily pass out through the porous curtain. All this is accomplished without any direct draft and the action is very gentle although none the less positive. Instead of having three or four window sashes to the south of the poultry house, use muslin for the one instead of glass. On mild days the muslin frame may be removed and the house thoroughly aired.—Epitomist.

Carbolic Acid in the Poultry Yard.

Carbolic acid, properly applied, is a useful drug in the poultry yard. The offensive and unwholesome odors of the poultry quarters, arising from the exhalations and the fermentation of their droppings, may be easily and effectually removed by the use of a solution of carbolic acid. Among the most troublesome annoyances of poultry-keeping lice must be enumerated. These parasites will master the situation unless they are looked after. Carbolic acid in solution almost instantly destroys these pests. The small "mites" or "spiders," which live during the day in cracks and crevices and about the bearings of the roosts, in the corner of nest-boxes, etc., are the most annoying to the fowls at night. Another trouble that may be enumerated under the head of parasites is "scabby legs." This disease, if disease it be, is produced by an acarus, a minute insect, which burrows between and under the scales on the shanks and feet. When neglected for a considerable time, the scabs or incrustations grow to a disgusting size, and will be harder to remove than if undertaken as soon as discovered. This trouble is easily cured by the use of the acid. A solution for use in poultry quarters for hygienic purposes may be made by mixing one fluid ounce of the acid with a gallon of water. Then sprinkle the inside surface thoroughly—floor, walls, roosts, nests, everything inside of the quarters—with the solution. An excellent plan is to saturate pieces of old carpet, or bags, or worn-out horse-blankets with a strong solution, and hang or tack them up in the roosting-place, or inside the coops where small chickens are kept. In hot weather the solution should be used in the buildings at least once a month, and in the coops for little chickens oftener. The smell given off will neutralize odors or miasms and destroy all microscopic organisms and parasites, while it is absolutely harmless to the fowls and chickens. The ointment is made by mixing about one fluid ounce or a large tablespoonful of the acid with a pound of melted lard and stirring until thoroughly mixed. As soon as cold enough it is ready for use. A little of this will keep the vermin away. It will, when applied, cure the "scabby leg."—Weekly Witness.

Farm Notes.

Hens in the stable are like pigs in the door yard. Both are untidy and unclean.

Plenty of shade for the hens. And they must have a cool house to roost in at night.

Be not weary in fighting the lice, for in due season they will get your fowls if you do not get them.

In picking your breeders for next year's stock remember that the rooster is more than half the flock.

Poor plan to house the young chicks and the old fowls together. The old birds are more than apt to pick on the little fellows.

If the cats are fed extra well during the period when the young chicks are running free you will find they will not be so prone to an occasional chicken dinner.

When you put the incubator away were you careful to see that the water tank was empty? The ground makes a good place to set the late broody hen. Protect from sun and rain.

To eradicate worms, placing a lump of rock salt where the horse may lick it at will, is often useful. Oil of turpentine, one-half ounce, to be followed by the raw oil purge, will dislodge the worms.

The successful poultry man is the one who can distinguish the dividing line between the pure bred stock and is all for show, and the pure bred stock that is for the egg and flesh making business.

It is impossible to say just how soon in her life a heifer should be bred. The distinctive, specialized dairy breeds may be bred earlier than the larger strains. Some heifers at sixteen months are as fully developed as others at twenty-four. Therefore the experienced breeder will breed according to development.

The United States consumes 80,000,000 pounds of tea annually.



The Sunday-School

INTERNATIONAL LESSON COMMENTS FOR MAY 2.

Subject: Paul's First Missionary Journey—Cyprus, Acts 13:1-12—Golden Text, Mark 16:15—Commit Verses 2, 3—Comments.

TIME.—45 A. D. PLACE.—Antioch, Salamis, Paphos.

Blackberry Muffins.

Sift together a pint of flour, two teaspoonfuls baking powder and a half teaspoonful salt. Rub in a half cupful butter, or lard and butter mixed with a teaspoonful sugar and a beaten egg. When well mixed add one cupful berries and bake in well greased muffin tins in a hot oven.—New York Telegram.

Corn Griddle Cakes.

For corn griddle cakes make a soft mush with two cupfuls of cornmeal and enough boiling water. When the mush has cooled add the well beaten yolks of four eggs and a cupful and a half of flour, sifted with two scant level teaspoonfuls of baking powder. Stir in half a cupful of milk and fold in the stiffly beaten whites of the four eggs. Bake at once on a hot griddle.—New York Sun.

Portuguese Apples.

Choose twelve apples, not too large, and all of one size. Peel them and remove the core. Stew gently in syrup until tender, but not broken. Leave till cold. Place in a glass or silver dish, strain, and then color the syrup pink, and fill the hollow in each apple with red currant jelly, melted sufficiently to be poured in. For the syrup use a breakfastcupful of sugar, the same of water, the juice of one lemon, and the peel of half.—New York Globe.

Stale Brown Bread.

This is the way one woman utilizes stale brown bread crumbs and makes a quickly made dessert. She covers the bottom of a glass dish with powdered sugar and bread crumbs mixed. Over this she puts a layer of whipped cream and a spoonful or two of preserves, then more crumbs and sugar and another layer of whipped cream and preserves. The cook who prepares this is a German and she calls the simple dainty "gotterspeise."—New York Globe.

Corn Meal Mush.

For old-fashioned cornmeal mush, the best cereal according to many persons, bring three pints of water to a boil, add a level tablespoonful of salt and then sift in with one hand, little by little, stirring all the time with the other, a cupful of meal. Boil for ten minutes. Then turn into the upper part of a double boiler and cook for at least three hours—more will not hurt it. Serve the mush hot or cold with rich cream or with maple syrup. Cold and sliced it is delicious fried in bacon fat and eaten with maple syrup.—New York Sun.

Hints To Housekeepers.

To cover the pan in which fish is cooking will make the fish soft.

One teaspoonful of extract will flavor one quart of custard or pudding.

A teaspoonful of lemon juice to a quart of water will cook it that way.

Cold cereals can be fried the same as mush; serve with gravy and syrup.

Nickel will be kept bright by being rubbed with wool saturated in ammonia.

One tablespoonful of extract will flavor one quart of mixture to be frozen.

One tablespoon of water or milk should be allowed for each egg in an omelet.

How may one cook rice, so as to make it in separate grains and keep it white?

Honey should be kept in the dark. If exposed to light it will quickly granulate.

One level teaspoonful of salt will season one quart of soup, sauce or vegetables.

One cupful of sugar will sweeten one quart of any mixture to be served chilled or frozen.

Alcohol and whiting make a good silver polish excellent for polishing plate glass mirrors.

Black lead mixed with vinegar will be found to give a specially good polish to the kitchen stove.

To raise the pile on plush sponge it with a little chloroform and it will look fresh and new again.

A piece of flannel dampened with spirits of camphor will remove stains from mirrors or window glass.

When cooking with old apples at this season of the year add a little lemon juice to give flavor. Summer apples need nothing but sugar.

Nails in bathrooms and kitchens on which damp clothes and towels may be hung should be dipped in enamel, so that they may not leave rusty marks.

The ordinary French dressing (3 tablespoonfuls oil, 1-2 tablespoonfuls vinegar, 1-4 level teaspoonful salt, 1-8 level teaspoonful pepper) will moisten one pint of salad.

To clean silver, mix sweet oil and whiting to the thickness of a cream put on with a soft cloth, wash in hot soapsuds and polish with a chamois skin or a piece of oil soft linen.

Saul called by the Holy Spirit, set apart by men, sent forth by men and by the Holy Spirit, 1-4. The church at Antioch had five "prophets and teachers" worthy of mention by name. This early Gentile church became a fountain of light and life to many other places. The Holy Ghost spoke to them "as they ministered to the Lord and fasted." If we would spend more time and strength in ministering to the Lord and in fasting, we would have more frequent and clearer leadings of the Spirit. A Spirit-filled mind rarely accompanies an over-filled stomach. Greater simplicity in our living would be conducive to a clearer perception of the mind of God. It is not said how the Spirit spoke, whether in an audible voice, or silently, in the inner recesses of the heart, but He spoke in an unmistakable way. It was no vague, uncertain impulse such as men sometimes call "the voice of the Spirit." He is ready to speak to-day, if we will supply the proper conditions and listen. It was the Holy Spirit's work to call; it was man's work to recognize the call, and set the called apart for the work. Those who ignore ordination by man are as unscriptural as those who ignore the call by God. But it was "for the work whereunto" the Spirit called that they were to be set apart. Too often we set men apart for a work whereunto the Spirit never called them. Spirit called men are a great need of our day. We have far too many men whom men have called; or, worse yet, who have called themselves. Every step in that early church was taken in prayer. It was prayer to which men gave themselves so heartily that they withdrew themselves even from their necessary food to pursue it (v. 3). The promptness with which this church obeyed the Spirit's command is worthy of note. He had demanded the best and they gave them up without a murmur. They would have liked to have kept Barnabas and Saul, but the Spirit called them elsewhere, and "they sent them back of it all while they were really 'sent forth by the Holy Ghost.'" Wonderfully suggestive and inspiring words these. With what confidence a man can go forth when he can confidently affirm, "I have been sent on the errand by the Holy Ghost!" He may not know just where he is going, or just what he is to do, or just what awaits him. No directions seem to have been given as to where they were to go; so they made straight for the nearest port and thence for the old home of Barnabas (ch. 4:36).

II. Triumph of Saul, filled with the Spirit, over Elymas, Full of the Guile and all Villainy, 5-12. They were true to their commission, "they preached the word of God." Many a man has been sent forth by the Holy Ghost who has afterward forgotten what he was sent to preach; and so a mission that was divine in its origin has come to nothing in its execution. If there was ever a day in which their example needed imitation, it is to-day, when men are preaching the word of God, and every man has "the word of God" (1 Tim. 4:13; 2 Tim. 4:2). Opponents of the gospel, who make great pretensions and do amazing things, are not at all new. One need not be frightened because men who make astonishing claims, and who display extraordinary gifts, arise to lead men astray. It was so in the first days of the church's history, and yet the church went right on, in face of this apparently dangerous opposition. The "theosophists" and "Christian Scientists" of to-day are no more dangerous than the Simons and Elymas of early days. Spirit-filled men were needed to oppose and confound them then, and Spirit-filled men are needed to oppose and confound them now. The proconsul, Sergius Paulus, gave good proof that he was indeed "a man of understanding;" "he called unto him Barnabas and Saul, and sought to hear the word of God." Whatever claims to prudence and wisdom and common sense a man may make, he is not "a man of understanding," if he is not desirous "to hear the word of God." Elymas did not give up without a fight. The devil never does (2 Tim. 3:8). His chief business is turning men aside from the faith (v. 8; cf. Cor. 4:3, 4; Luke 8:12). But the opposition of Elymas for all his marvelous powers were vain, for he had run up against a Spirit-filled man. Paul had been filled with the Holy Spirit soon after his conversion (ch. 9:17). But now a new emergency arises, and there is a new filling for the new need. We ought not to be content because we have once, or fifty times, known what it was to have the Spirit of God come rushing upon us and taking possession of our minds, and giving us words of wisdom, boldness and power to utter. As each new emergency arises we should cast ourselves upon Him anew. Paul's words are very true and very searching. They expose the depths of the infamy of Elymas. Plainness and boldness of speech is a characteristic of a Spirit-filled man (Acts 4:31; Eph. 6:19).

There are signs, to the St. Louis Post-Dispatch, that the American suffragettes have learned a lesson from the experience of their English sisters. So far there have been no riots, but there is an unmistakable purpose to push the cause along. If men will not pay attention to modest, ladylike pleadings they may expect to have their ears wounded by the shrill cries of women determined to be free.